Take Control of Your Wellness for Total Health

Please write down your top three health and wellness goals.
1.__________________________________________________________________
2.__________________________________________________________________
3.__________________________________________________________________

Now rewrite one of those goals, the one you want to work on the most, as a SMART goal. A SMART goal answers the “who, what, when, where and how). Here’s an example to help you get started.

**Overall health and wellness goal**: My goal is to lose weight and exercise.

**Re-written as a SMART goal**: My goal is to lose 10 pounds. I will do this by walking on the treadmill for at least 30 minutes at least 3 days per week. I will weigh myself every Friday and my objective is to lose 1 pound per week for 10 weeks.

*S*: Specific  
*M*: Measurable  
*A*: Action-Oriented  
*R*: Realistic  
*T*: Time-limited

One of my goals re-written as a SMART goal:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

**What’s my motivation?** Think beyond the surface here. What’s the emotional motivation for my interest in these health and wellness goals?

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

**What obstacles do I anticipate?**

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
How can I overcome these obstacles?

_____________________________________________________________________________________

_____________________________________________________________________________________

My Personal Wellness Plan

I want to improve myself because:

_____________________________________________________________________________________

_____________________________________________________________________________________

I will begin by making a change in this area:

_____________________________________________________________________________________

_____________________________________________________________________________________

In this area, I will accomplish:

_____________________________________________________________________________________

_____________________________________________________________________________________

During the next week, then month, I plan to:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

I am going to ask for help from the following people:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________
Take Control of Your Wellness Factors
Many serious health ailments can be avoided, or at least minimized and controlled, simply by taking care of yourself. How well you take care of yourself every day impacts your health a lot more than making trips to the doctor. Although regular check-ups are important, your doctor isn’t going to take a walk with you, feed you nutritious snacks or lower your stress levels. It’s up to you to live a healthier, happier life, both physically and emotionally.

Talking with a behavioral health care professional is a great way to start taking control of your wellness factors. The brief counseling sessions provided through your Magellan program have been shown to successfully treat depression, anxiety and other emotional issues. Sure, a good friend can listen, but a professionally trained, compassionate counselor can help you learn how to manage when you're overwhelmed.

A counselor can help you to identify your problems and then help you figure out how to best cope with them. Equally as important, a counselor can help you find constructive ways to cope with situations that are not within your control.

It's time to talk to a Magellan counselor when . . .
- your life stressors are impacting your physical health.
- you or someone in your family has been diagnosed with a chronic illness.
- you’re overwhelmed and can't handle a problem by yourself.
- you want to become a better person at work and with your family.
- you want to build your confidence and resilience to meet challenges head-on.

Seven Risk Factors to Control for Total Health
Staying emotionally well is one half of the total health equation. Reducing your health risk factors is the other half. Researchers have identified seven risk factors that can impair health, lead to disease and even cause premature death. Although age, sex and heredity are factors beyond your control, here are the seven risk factors you can control:
- improper nutrition
- obesity
- lack of exercise
- hypertension
- stress
- smoking
- alcohol abuse

How can you reduce–or eliminate–these health risk factors?

Enjoy a Good Diet
To be healthy, your body needs energy and nutrients and functions best when these are supplied regularly. The following tips provided by nutritionists offer ‘food for thought’:
- Trade fatty meats and whole milk for lean meats and low-fat dairy. Chances are you won’t even taste the difference!
- Watch the number of meals eaten through fast-food restaurants. In many cases ‘fast’ = ‘fat.’
- Cut down on sugar and salt. No matter how little you think you use, experts say it is probably more than you need.
Control Your Weight
For most people overeating is a response to a situation – anger, stress, boredom or the stimulus created by the sight or smell of food. When you find yourself automatically reaching for food, try doing something active like taking a walk to block the food response. Other ideas to keep from overeating include:

- Plan time for meals, if possible, to eliminate the drive-thru and rush to consume your meal.
- Drink as much water as you can before you eat to reduce food capacity.
- Plan nutritious snacks to carry with you until you can eat a healthy meal.

Get Enough Exercise
Make time on a regular basis for exercise, such as brisk walks, swimming, jumping rope, bicycling or using exercise equipment. There are even ways to fit exercise into your daily routine. You might try these:

- Take the stairs instead of the elevator.
- Always park your vehicle at the far end of the lot and walk.
- During TV ads, do three minutes of exercise such as crunches, leg squats or jogging on the spot.

Lower Your High Blood Pressure
Hypertension (high blood pressure) is one of the biggest risk factors for heart attacks and strokes. Hypertension cannot be cured, but it can be controlled through diet, exercise, relaxation therapy and medication. Excessive salt in the diet also contributes to hypertension. Ways to cut salt include:

- Avoid processed foods, particularly canned and convenience foods.
- Read labels. Watch for sodium, brine, Na, salt, soda – all mean some type of sodium.
- Do not salt foods when cooking – salt only after tasting the food. Use herbs and spices, rather than salt.

Stop Smoking
The experts all agree on this one: stopping smoking gives you back years of life and health. One in ten moderate smokers and almost one in five heavy smokers will die of lung cancer. Second hand smoke can be the cause of respiratory disease in children. And, smoking is expensive. All are reasons enough to quit. But, did you know that:

- Within two weeks your circulation and lung function begins to improve.
- In one to nine months coughing and shortness of breathe decrease and there is a reduced risk of lung infection.
- One year after quitting the risk of heart disease is half that of a smoker's.

Don’t Abuse Alcohol
Alcohol abuse can ruin your health. Drinking alcohol to excess can cause heart failure. Chronic drinking scars and permanently destroys the liver. Alcohol abusers have significant brain shrinkage. And, drinking during pregnancy greatly increases the risk of damaging the brain of your unborn child and causes other birth defects. Quit drinking to:

- Lower your risk dying from cirrhosis, pancreatic damage, heart disease, certain cancers and other conditions.
- Regain muscle tone and lose weight. Alcohol is high-calorie and, depending on the drink, high in fat and carbs.
- Get healthy and start enjoying your family, coworkers and friends again.
Find Ways to Lower Your Stress
Stress is normal and inevitable. But, when stress is excessive, it may lead to a variety of physical and/or emotional problems. Stress cannot be eliminated, but it can be reduced. It’s important to learn what triggers your stress and practice techniques to reduce it. Some proven methods include:

- Exercise. Walking, jogging or working out are great stress reducers, as are yoga and other stretching exercises.
- Proper nutrition. Eating well is vital – especially when you are in a stressful situation.
- Work on deep breathing or meditation. Alone-time is one of the best stress relievers around.

You have more control over keeping yourself healthy than anyone else, and it’s up to you to live a healthier, happier life. Your Magellan program can help. Call your toll-free program number 24 hours a day, seven days a week to get confidential assistance at no cost to you. Your total health – both mentally and physically – is within your control.

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com/member.